

Energizing Tips for a Healthier Family



A great first step to a healthier family is to include a colorful variety of fruit and vegetables in your diet each day. A healthier family is also on the move, so include at least 30 minutes of moderate activity everyday, such as walking. These simple changes are easier than you think and help to improve the health of your entire family.



INVOLVE THE WHOLE FAMILY

Encourage your family to help make the grocery list and prepare dinner. That way, everyone can select his or her favorite fruit and vegetables. By involving your kids, they'll be more likely to eat

healthy foods, and they'll learn the basics of eating right. Start a little healthy competition in your family by tracking everyone's fruit and vegetable consumption as well as physical activity for a week. Use the tracking chart for every member of your family. Enter the number of daily fruit and vegetable servings and activity minutes each day. Total them up at the end of the week and see who ate the most and who also included physical activity. Remember, eating more fruits and vegetables with physical activity leads to a healthier family.

GET PHYSICALLY ACTIVE!

Regular physical activity is essential for good health. To decrease your risk of several chronic diseases, you should strive for at least 30 minutes of moderate-intensity physical activities on 5 or more days of the week or 20 minutes of vigorous-intensity physical activity on 3 or more days of the week.



QUICK BITES

Try these tips to see how easy it is to eat a variety every day!

BREAKFAST: Add your favorite fruit to cereal or yogurt.

Drink a glass of 100% juice.

LUNCH: Pack a pita full of chopped veggies, have a salad, vegetable soup or fill a baggie with cut fruits and veggies to munch on.

SNACKS: Fill ice cube trays with 100% juice (put in toothpicks) and enjoy the mini-popsicles in no time.

DINNER: Have two vegetables and a salad.

WHAT IS A SERVING?

The 5 A Day for Better Health Program defines one serving as:

- ❖ $\frac{1}{2}$ cup cut-up raw, cooked, canned or frozen vegetables or fruit
- ❖ 1 medium sized fruit
- ❖ $\frac{1}{2}$ cup cooked, canned or frozen peas or beans
- ❖ 1 cup raw, leafy vegetables
- ❖ $\frac{1}{2}$ cup or 4oz., 100% fruit or vegetable juice
- ❖ $\frac{1}{4}$ cup dried fruit

HEALTH BENEFITS

Eating a variety of colorful fruits and vegetables each day may reduce the risk of some types of cancers and other chronic diseases.

Being active helps control your weight, reduces stress, and boosts your energy.

At least 30 minutes of moderate physical activity, combined with eating a variety of colorful fruits and vegetables each day, may further reduce your risk.



Healthy Challenge For Your Family



Make a copy of this chart for each family member and have them fill it out. Track everyone's progress for a week and you'll see that eating a variety of fruits and vegetables every day is easy!

DAILY NUMBER OF FRUIT AND VEGETABLE SERVINGS

	BREAKFAST	LUNCH	SNACKS	DINNER	TOTAL	PHYSICAL ACTIVITY Total number of minutes each day. Goal: 30 minutes
SUNDAY	_____	_____	_____	_____	_____	_____
MONDAY	_____	_____	_____	_____	_____	_____
TUESDAY	_____	_____	_____	_____	_____	_____
WEDNESDAY	_____	_____	_____	_____	_____	_____
THURSDAY	_____	_____	_____	_____	_____	_____
FRIDAY	_____	_____	_____	_____	_____	_____
SATURDAY	_____	_____	_____	_____	_____	_____

What's a Serving?

The 5 A Day for Better Health Program defines one serving as:

- $\frac{1}{2}$ cup cut-up raw, cooked, canned or frozen fruits or vegetables
- 1 cup raw, leafy vegetables
- $\frac{1}{2}$ cup or 4oz., 100% fruit or vegetable juice
- $\frac{1}{4}$ cup dried fruit
- $\frac{1}{2}$ cup dried, cooked, or canned peas or beans

What Counts as Physical Activity?

Moderate Physical Activity:

- Walking fast
- Mowing the Lawn with a non-motorized push mower
- Dancing
- Bicycling on flat ground
- Swimming

Vigorous Physical Activity:

- Bicycling uphill
- Running
- High-impact aerobics
- Cross country skiing
- Skating uphill